

Dust Yourself Off

Session Overview

This session defines a slip, introduces planning for slips, and teaches techniques for problem-solving.

Objectives for Session

1. Identify a slip and the possible causes of slips
2. Learn how to problem-solve
3. Learn how to plan ahead to prevent and control slips

Session Preparation

- Prepare the following:
 - ☐ B12 Emotions and Your Weight
 - ☐ B35 Slips and Setbacks
 - ☐ GW09 My Problem-Solving Worksheet
 - ☐ B21 Life's Little Pleasures
 - ☐ B13 Boost Your Confidence
 - ☐ B36 Fit for Life
 - ☐ Strive for a Healthy Weight Healthy Living Message
 - ☐ NCP video – Manage Your Weight
- Prepare to evoke as much information as possible from the group.
- As coach, your role is to facilitate discussion without lecturing.

Session Outline (60-minute class)

- Check-in (5 minutes)
- Discussion Topics (40 minutes)
- 5-Minute MOVE!® (5 minutes)
- Putting It All Together (10 minutes)

Check-in (5 minutes)

- Facilitate weigh-ins; enter weight into the CPRS Vital Signs package.
- Collect Daily Food and Physical Activity Diaries.

Discussion Topics (40 minutes)

Introduction

- Welcome everyone to the session.
- Review Ground Rules.
- Describe the purpose of today's class. State today's objectives and discussion topics. Encourage participants to attend all 16 sessions since folks who attend more sessions lose more weight.
- Invite participants to discuss their homework, Daily Food and Physical Activity Diary, progress, and goals since the last class.
- Facilitate problem-solving for any barriers.

Discussion #1: What is a slip and what causes it?

- Ask the group to define a "slip."
- Write the following information on a board and discuss with the group:
 - Anytime you make choices that don't fit into your plan or support your goals, they're probably slips.
 - Slips are normal when learning new behaviors.
 - Even Olympic athletes have occasional setbacks or slips.
 - The problem is not the slip, but rather how you choose to deal with it.
- Ask participants to list things that trigger slips. Any strong positive or negative emotion may lead to a slip. Point out that handout B12 Emotions and Your Weight addresses some of these emotional triggers.
- Examples of emotional triggers:
 - Some people overeat when they are happy (family celebrations, holidays, promotions, etc.).
 - Some people overeat when they are sad or upset (bad day at work, argument with spouse, etc.).
- Ask the group what might trigger a slip for them and record these on the flip chart. Follow this with a question about how any past slips affected their weight loss efforts.

Discussion #2: How can I resolve the slip?

- Use handout B35 Slips and Setbacks and review the "tips on managing slips" section with the group
 - Resist feeling guilty.
 - Don't give up.
 - Don't make it bigger than it is.

- You may want to draw the cycle of events, thoughts, feelings, and behaviors to illustrate how it can perpetuate itself.

5-Minute MOVE!® (5 minutes)

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides the opportunity to demonstrate some simple but effective exercises.

Ask participants to join you, if they wish, in doing the following warm-up and strengthening exercise:

Invite participants to stand up and march in place for 2-3 minutes. If they cannot stand, invite them to lift their knees while seated, as if marching.

Then, after 2-3 minutes, invite them to perform the following:

LEG EXTENSIONS:

Sitting up very tall with feet flat on the floor, knees together, straighten the right leg as much as you can while keeping your foot flexed. Bend the knee and lower the foot back down. Touch the heel lightly to the floor (don't rest all the way down) and repeat the leg extension for 16 reps. Switch to the other leg. Make sure your knees stay at the same level (i.e., don't let the knee of the working leg drift up or down).



Discussion #3: Are there ways to control a slip?

- Ask participants to complete the GW09 My Problem-Solving Worksheet, and use this as a tool to guide the discussion. Help participants identify the chain of events that led to their slip.

Discussion #4: Can I make a plan to deal with slips?

- Use the Problem-Solving Worksheet completed above to facilitate a group discussion during which Veterans identify solutions to help break the chain of events identified in Discussion #3.
- Evoke suggestions from the group, perhaps using the handout B21 Life's Little Pleasures, to help deal with slips as they arise.
- Ask participants to share some pleasurable activities they have used to prevent themselves from having a slip.

Putting It All Together (10 minutes)

Session recap:

- This is a great time to remind Veterans how they can refresh their weight management efforts. Refer to handout B13 Boost Your Confidence and review some of the key points together. Review handout B36 Fit for Life for further support and encouragement of their efforts.
- Summarize session highlights.
- Ask, “What was most helpful today? What could have been better?”

Goals and action planning for the next week:

- Ask Veterans to keep track of times during the next week when they want to eat but don’t, and what they do to prevent emotional eating. Have them keep a list of their success strategies to share.
- Ask Veterans to be aware that slips and setbacks happen. Have them identify if they had a slip and how they handled it, and encourage them to share it at next week’s session.

Homework for next week:

- Remind participants to continue logging in their Daily Food and Physical Activity Diary, and to bring the diary and their pedometer to every session.
- Provide information necessary for attending the next session (date/time/location, etc.).

Topic for next week:

Keep It Positive